

NOMORE
Suicide

Preventing suicide in
Cheshire & Merseyside

Welcome to our Microsoft Teams Live Event

Hope and recovery in the time of
COVID-19

Thursday 10th September 2020

10.00-12.00

#WSPD2020



Champs
Public Health
Collaborative

Working together to improve health and
wellbeing in Cheshire and Merseyside

NO MORE
Suicide

Preventing suicide in
Cheshire & Merseyside

Welcome and introduction

Cllr Louise Gittins

**Leader of Cheshire West & Chester Council & Cabinet Member for
Communities and Wellbeing**



Champs
Public Health
Collaborative

Working together to improve health and
wellbeing in Cheshire and Merseyside

NOMORE
Suicide

Preventing suicide in
Cheshire & Merseyside

Today's programme

Our 5-year journey - 10.10-10.45am

Comfort break – 10.45 – 10.55am

Building suicide safer communities – 10.55 – 11.35am

Hope and recovery – 11.35 – 11.55 am

Closing remarks – 11.55 – 12.00



Champs
Public Health
Collaborative

Working together to improve health and
wellbeing in Cheshire and Merseyside

NO MORE
Suicide

Preventing suicide in
Cheshire & Merseyside

Today's speakers

Pat Nicholl

Suicide Prevention Co-ordinator, Champs Support Team

Sheena Cumiskey

Chief Executive, Cheshire & Wirral Partnership Foundation Trust

Ged Flynn

Chief Executive, Papyrus, Prevention of Young Suicide



Champs
Public Health
Collaborative

Working together to improve health and
wellbeing in Cheshire and Merseyside

NO MORE
Suicide

Preventing suicide in
Cheshire & Merseyside

Film

Our 5-year journey



Champs
Public Health
Collaborative

Working together to improve health and
wellbeing in Cheshire and Merseyside



Champs
Public Health
Collaborative

Working together to improve health and
wellbeing in Cheshire and Merseyside



Champs
Public Health
Collaborative

NO MORE
Suicide

Preventing suicide in
Cheshire & Merseyside

Pat Nicholl

Suicide Prevention Co-ordinator, Champs Collaborative
Support Team

Working together to improve health and wellbeing in Cheshire and Merseyside

A ZERO Suicide Strategy

NO MORE
Suicide

Preventing suicide in
Cheshire & Merseyside

The vision

Cheshire and Merseyside is a region where suicides are eliminated, where people do not consider suicide as a solution to the difficulties they face. A region that supports people at a time of personal crisis and builds individual and community resilience for improved lives.

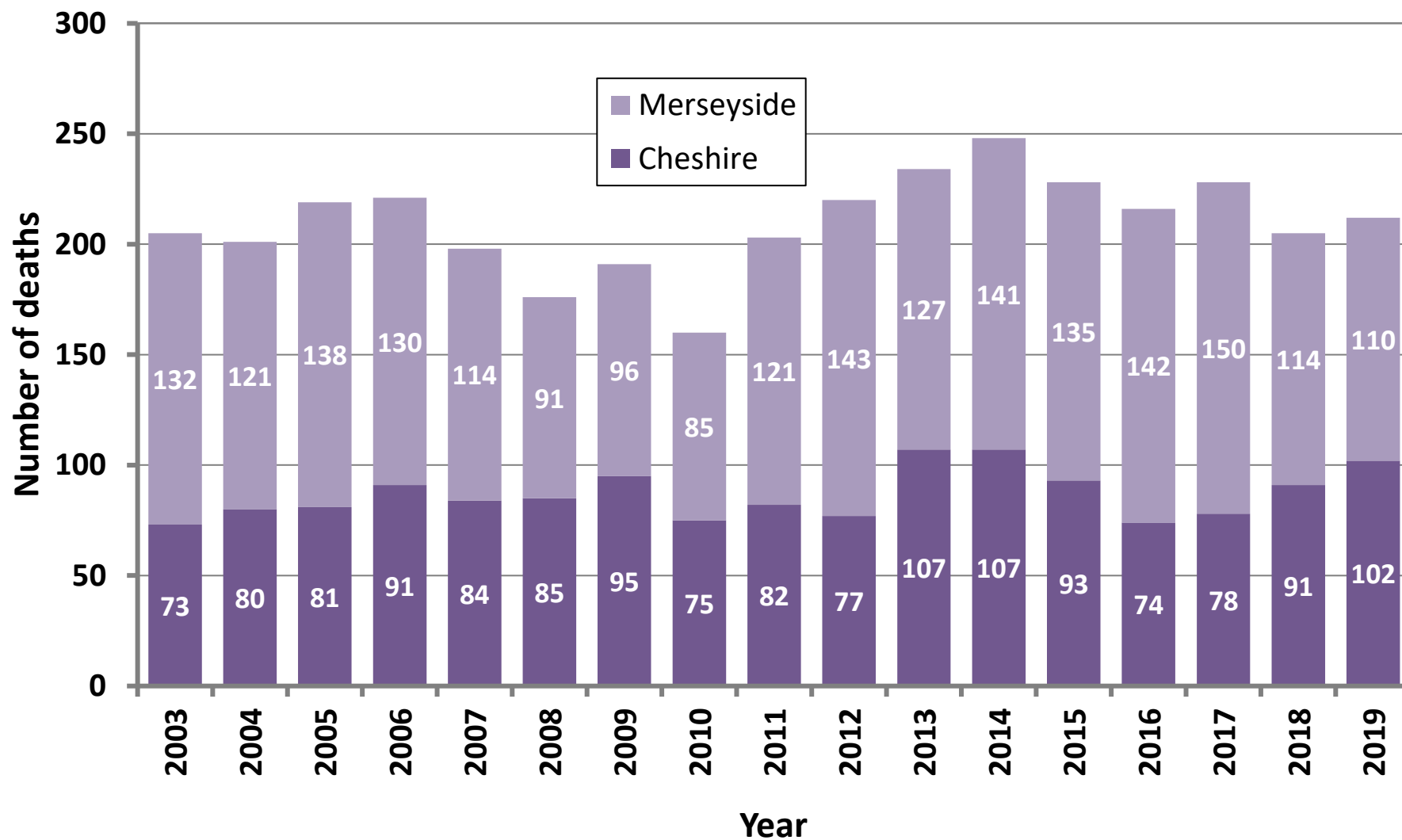
43210%



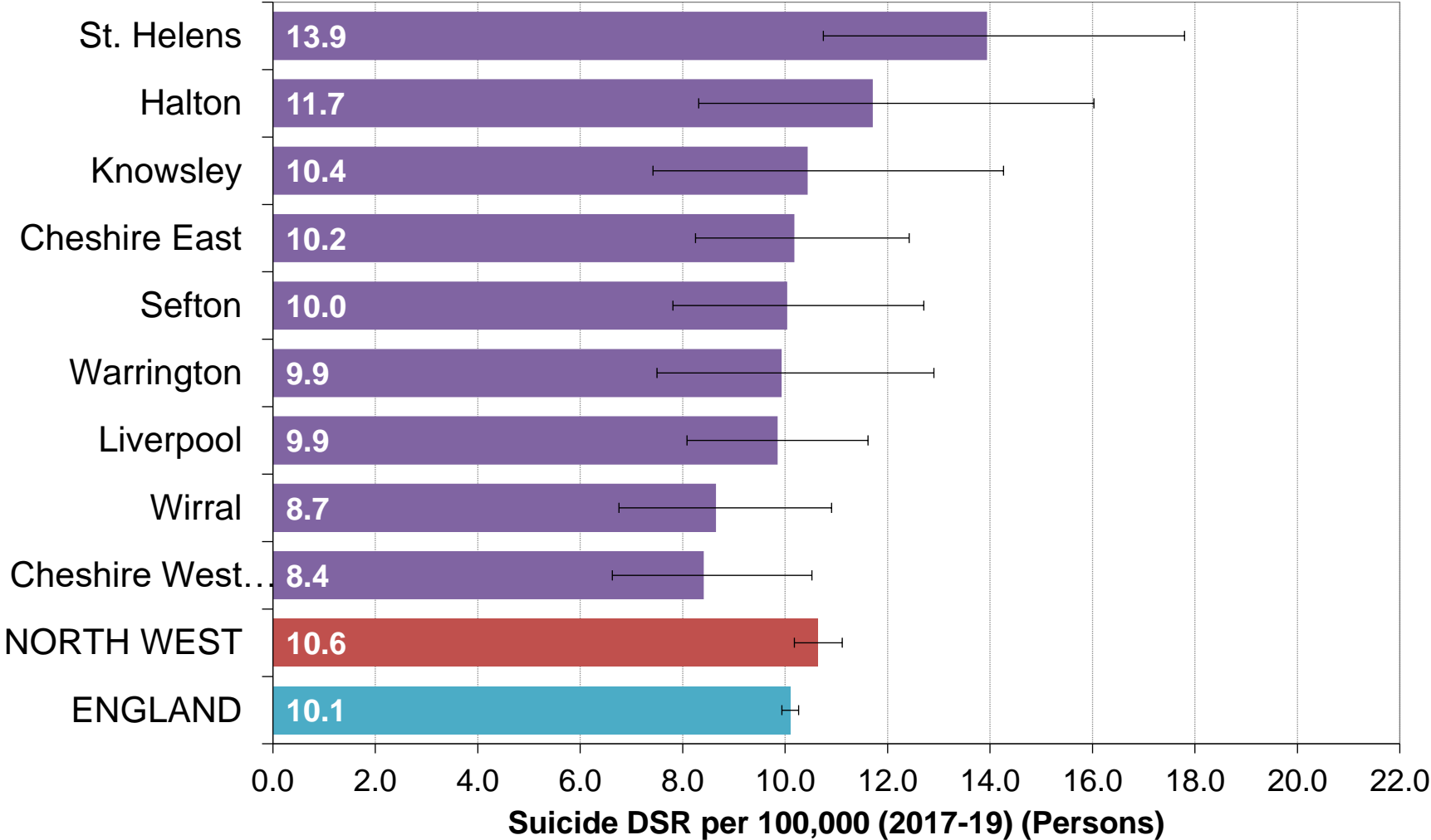
Champs
Public Health
Collaborative

Working together to improve health and
wellbeing in Cheshire and Merseyside

Numbers of deaths by suicide/UI across Cheshire and Merseyside (2002-19)



Rates of death by suicide/UI across Cheshire and Merseyside (2017-19)



Working Together to Prevent Suicide

NOMORE
Suicide

Preventing suicide in
Cheshire & Merseyside

PRIMARY CARE
SPORTS **FIRE AND POLICE SERVICES**
PAPYRUS
SAMARITANS **COLLEGES**
CHESHIRE & MERSEYSIDE NO MORE SUICIDE PARTNERSHIP
PUBLIC HEALTH **LIVED EXPERIENCE** **LOCAL AUTHORITIES** **CORONERS**
NW AMBULANCE **CAMHS** **CCGS** **MENTAL HEALTH TRUSTS**
SOBS **WORKPLACES** **AMPARO**



Champs
Public Health
Collaborative

Working together to improve health and
wellbeing in Cheshire and Merseyside

Working Together to Prevent Suicide

NOMORE
Suicide

Preventing suicide in
Cheshire & Merseyside

- By working together preventing suicide is achievable
- Rarely one cause and no one organisation alone can prevent suicides
- We are fortunate to have so many active and committed partners collaborating together
- We have built effective Cheshire & Merseyside structures with our Board members & local suicide prevention groups in each of our 9 boroughs

Our Five Year Journey: Reflecting on changes

NOMORE
Suicide

Preventing suicide in
Cheshire & Merseyside

- Increased recognition of suicide as a national health problem
- Five Year Forward View for Mental Health and NHS Long Term Plan have suicide prevention targets
- Parliamentary Health Select Committee on Suicide Prevention visit to Cheshire & Merseyside & heard lived experience voices
- Contribution from Cheshire & Merseyside suicide prevention network to:
PHE Local suicide prevention planning practice resource & masterclasses
PHE 'Support after suicide- a guide for local services'
NICE Preventing Suicide in Community & Custodial Settings
- Annual Summits with influential speakers- Prof Louis Appleby, Prof Rory O'Conner, Clarke Carlisle
- NHS England- National Suicide Prevention Programme- funding for both suicide prevention(2019-20) and suicide bereavement (2020)



Working together to improve health and
wellbeing in Cheshire and Merseyside

NO MORE
Suicide

Preventing suicide in
Cheshire & Merseyside

Sheena Cumiskey
Chief Executive, Cheshire & Wirral Partnership
Foundation Trust



Champs
Public Health
Collaborative

Working together to improve health and
wellbeing in Cheshire and Merseyside



Cheshire and Wirral
Partnership
NHS Foundation Trust

World Suicide Prevention Day

WSPD Champs
webinar

10/09/20 / Sheena Cumiskey
Lead for mental health in Cheshire and
Merseyside, Chair of the Covid-19
Mental Health Cell
CWP chief executive

Helping people to be
the best they can be



Cheshire and Merseyside Mental Health Programme Board

– 5 year highlights

- **System wide development of new care model for adult crisis services** – stage 1 complete, each MH Trust now delivers 24/7 Crisis Resolution and Home Treatment Teams.
- **£1.35 million Beyond Places of Safety Crisis funding secured**
- **£1.8 million transformation funding to equip acute hospitals with expert staff who are able to assess and care for people with mental ill health**
- **£242,000 secured to establish mental health crisis provision for children and young people**
- **During Covid, all-age 24/7 Helplines for those experiencing a mental health crisis have been introduced by all NHS mental health service providers.**

Cheshire and Merseyside Mental Health Programme Board

– 5 year highlights

Increased access to specialist perinatal mental health support

- Specialist services have been provided for an additional 1607 women at the end of transformation fund period

Increased funding to improve pathways in and out of mental health secure care

- Successful bid to become a wave 2 New Care Model site for secure care and the establishment of the Prospect Partnership for Cheshire and Merseyside
- Single Point of Access developed ensuring a single journey for secure care and avoiding multiple assessments.

Enabling people with severe mental illness to find and retain employment

- Successful funding bids totalling over £1 million to sustain and expand Individual Employment Support for secondary mental health care patients in Cheshire and Merseyside.

NO MORE
Suicide

Preventing suicide in
Cheshire & Merseyside

Ged Flynn

**Chief Executive, Papyrus, Prevention of Young
Suicide**



Champs
Public Health
Collaborative

Working together to improve health and
wellbeing in Cheshire and Merseyside

5-year progress of the
NO MORE Suicide Strategy
2015-2020



PAPYRUS
PREVENTION OF YOUNG SUICIDE



Quick Intro

- **1990:** Suicide in family
- **2000:** Seasons for Growth
- **2010:** PAPYRUS
- HM Government
National Suicide Prevention
Strategy Advisory Group

GED FLYNN

Chief Executive

PAPYRUS

@gedflynn



What has PAPYRUS been up to? (2015-2020)

Support

Expansion and extension of **HOPELINEUK**

Equip

Development of our **training offer** and **presence** in more* UK communities

Influence

Upscaling of political and social media **campaigns** to help prevent young suicide

* North West, West Midlands, London, Cardiff, Belfast

Campaigns Save Lives



Question

The suicide rate*
among 15-19 year olds
has been increasing
throughout this period.

WHY?

* n. per 100,000 of the population

What has worked?

Talking

Asking *

Raising profile

Lived Experience

Partnership

Next?

* Are you thinking about suicide?

NO MORE Suicide

Preventing suicide in
Cheshire & Merseyside

Q&A



Champs
Public Health
Collaborative

Working together to improve health and
wellbeing in Cheshire and Merseyside

NO MORE
Suicide

Preventing suicide in
Cheshire & Merseyside

Comfort break
Back in 10 minutes



Champs
Public Health
Collaborative

Working together to improve health and
wellbeing in Cheshire and Merseyside

NO MORE
Suicide

Preventing suicide in
Cheshire & Merseyside

Film

Building Suicide Safer Communities



Champs
Public Health
Collaborative

Working together to improve health and
wellbeing in Cheshire and Merseyside



Champs
Public Health
Collaborative

Working together to improve health and
wellbeing in Cheshire and Merseyside

NO MORE
Suicide

Preventing suicide in
Cheshire & Merseyside

Pat Nicholl
Suicide Prevention Co-ordinator, Champs
Collaborative Support Team



Champs
Public Health
Collaborative

Working together to improve health and
wellbeing in Cheshire and Merseyside

NO MORE Suicide Vision calls for a safe from suicide community

The 10 Suicide Safer Communities Pillars interwoven into the NO MORE Suicide Action Plan



- Leadership
- Intelligence
- Awareness
- Wellbeing
- Skills training
- Crisis support
- Clinical services
- Bereavement support
- Evaluation
- Sustainability



Champs
Public Health
Collaborative

Working together to improve health and
wellbeing in Cheshire and Merseyside

Our Five Year Journey: building the foundations

NO MORE
Suicide

Preventing suicide in
Cheshire & Merseyside

- **Prevention** – mental wellbeing & suicide prevention through sport, skills training and campaigns
- **Safer Care – 24/7** Crisis provision- crisis tel lines, community–based crisis care, street triage and safer care in our NHS Trusts, the Hope Clinic Mersey Care
- **Support** for those bereaved, individual and communities and working with Coroners, Amparo, SOBS and local media to ensure sensitive approaches to reporting
- **Intelligence** – audits and real-time data systems enable rapid response to reduce further suicides in our communities
- **The Lived Experience Network** led by Wirral Mind
- **National** influences and a learning exchange: NHS England, Public Health England, National Suicide Prevention Alliance, Zero Suicide Alliance



Working together to improve health and
wellbeing in Cheshire and Merseyside

Real Time Surveillance

- Need for detailed, timely and reliable data on suicides to inform prevention actions and service commissioning
- RTS updates on suspected suicides in near real time
- Can be linked via police or coroner offices
- Recommended by PHE in *Local Suicide Prevention Planning*
- Requires multi-agency partnerships to review data
- Ties in with Amparo offer of bereavement support for family
- RTS run since September 2017 across Cheshire and Merseyside

Real Time Surveillance

Sept 2020

NOMORE
Suicide

Preventing suicide in
Cheshire & Merseyside

- 2020 Cases so far similar to that seen in 2019, both in Cheshire and Merseyside.
- Limited clear effect of coronavirus / lockdown – mentioned in 2 cases
- Non-UK national cases in Merseyside being further investigated with coroners
- There is variation in numbers by LA – the 38 cases in Liverpool so far this year is more than the 2019 total (37)

Real Time Data

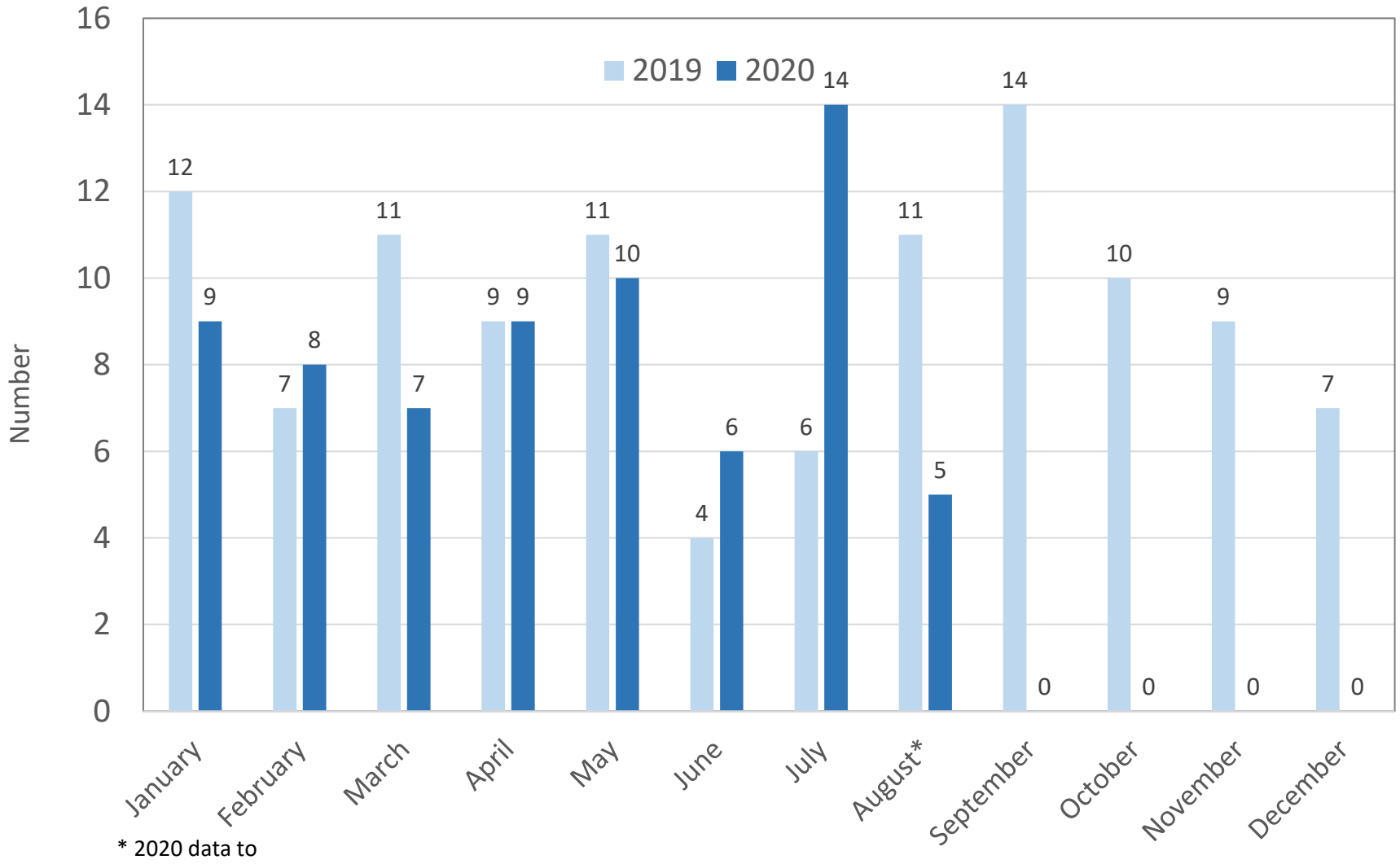
Cheshire

- Numbers of cases in RTS to 31st August 2020 are similar to that seen in 2019
75 (2020) and 70 (2019)
- From week 12 (w/c 16 Mar - start of social distancing) to date, there were
51 (2020) and 47 (2019)

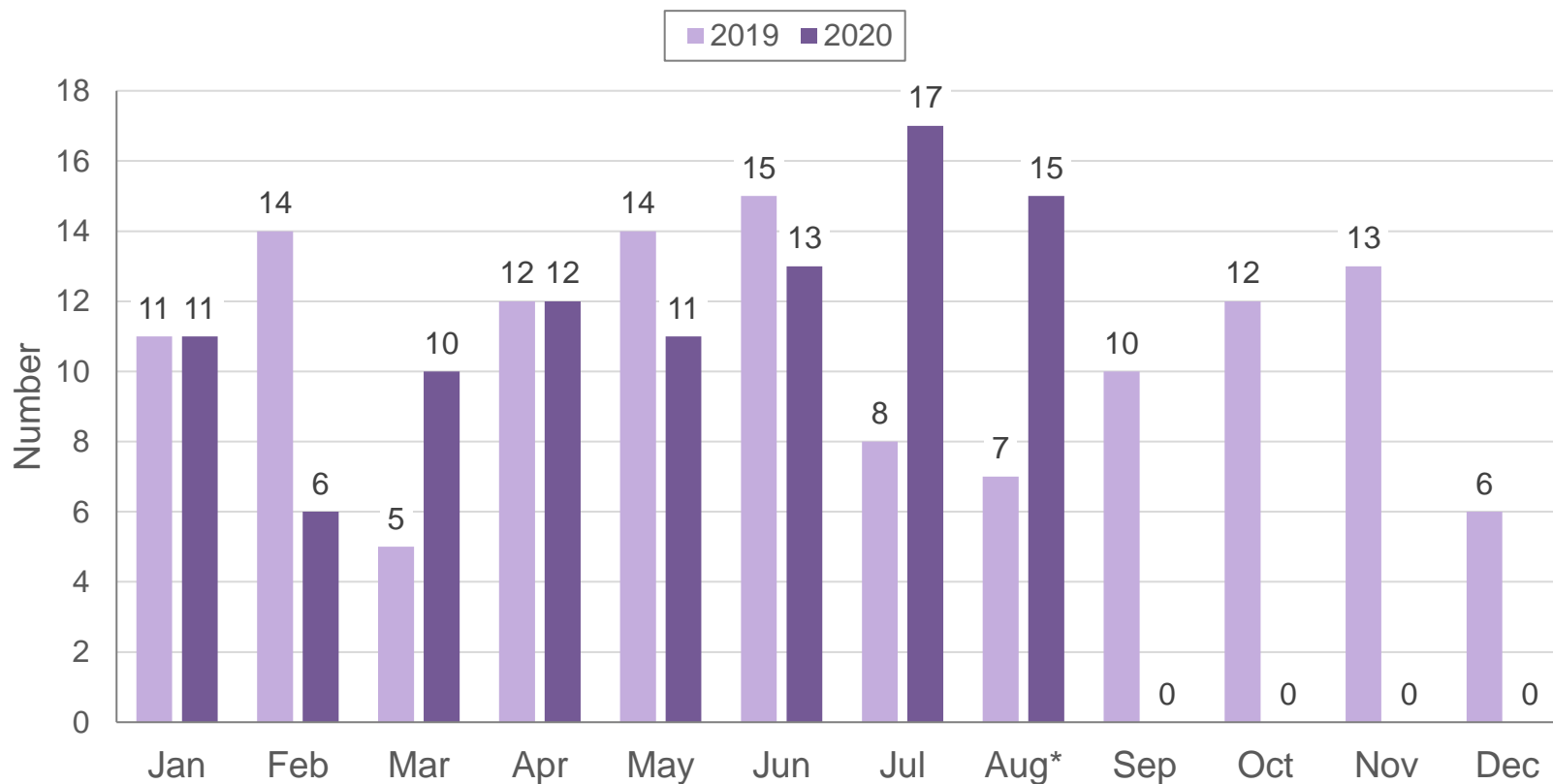
Merseyside

- Numbers of cases in RTS to 31st August 2020 are similar to that seen in 2019
95 (2020) and 86 (2019)
- From week 12 (w/c 16 Mar - start of social distancing) to date, there were
77 (2020) and 59 (2019)

Cheshire cases 2019 vs 2020



Merseyside cases 2019 vs 2020



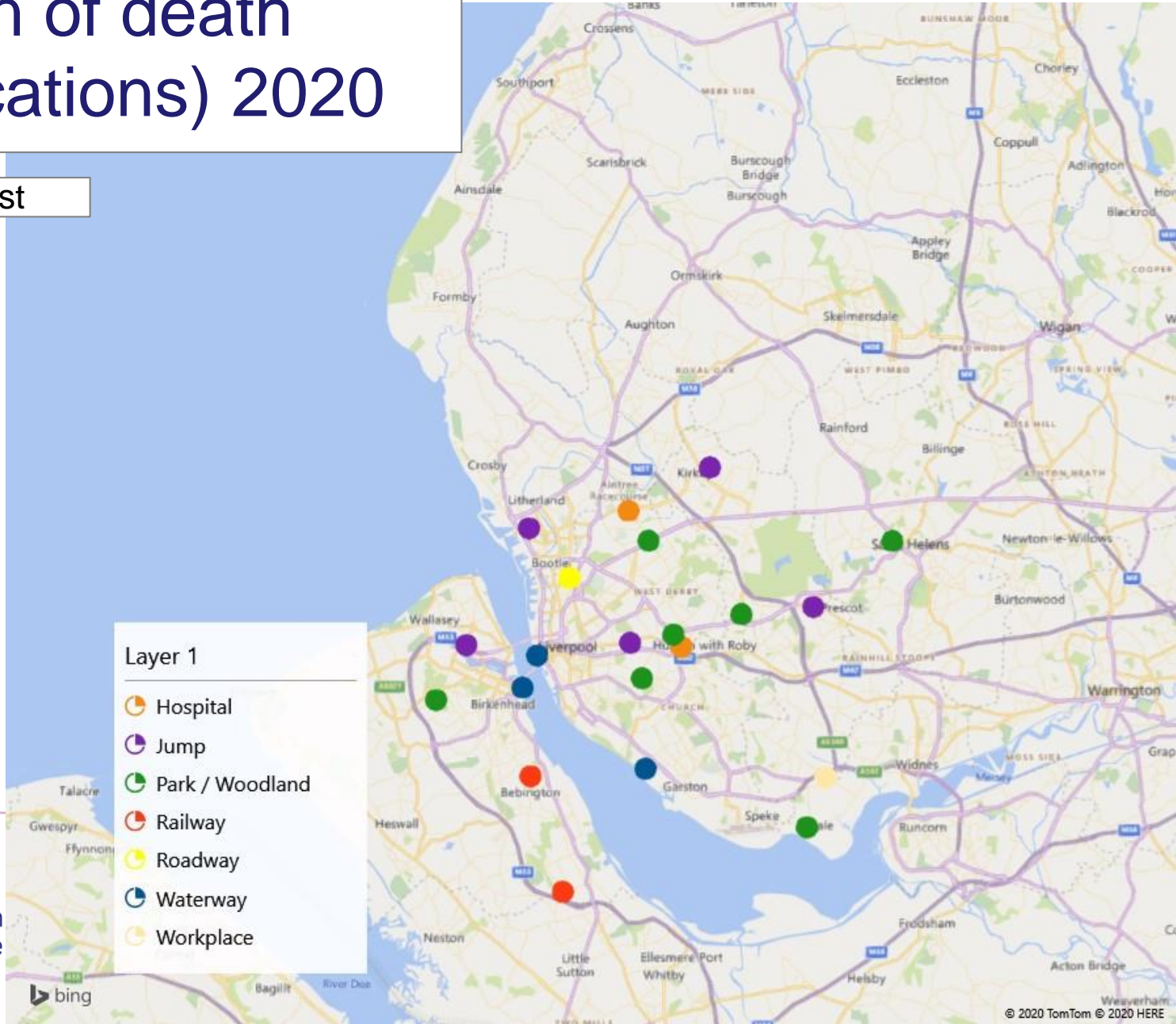
* 2020 data to August

Merseyside 2020 cases by location of death (public locations) 2020

* 2020 data to August

Layer 1

-  Hospital
-  Jump
-  Park / Woodland
-  Railway
-  Roadway
-  Waterway
-  Workplace



NO MORE
Suicide

Preventing suicide in
Cheshire & Merseyside

Sheena Cumiskey
Chief Executive, Cheshire & Wirral Partnership
Foundation Trust



Champs
Public Health
Collaborative

Working together to improve health and
wellbeing in Cheshire and Merseyside

National Confidential Inquiry into Suicide and Homicide: 10 safer care standards

- Safer Wards
- Care planning and early follow-up on discharge from hospital to community
- No out of area admissions for acutely ill patients
- 24 hour crisis resolution/home treatment teams
- Community outreach teams to support patients who may lose contact with conventional services
- Multi-disciplinary review (working with carers)
- Implementing NICE guidance
- Safer care in the Emergency Department
- Safer care in Primary Care
- Men's mental health

Helping people to be
the best they can be

National Confidential Inquiry into Suicide and Homicide: C&M response

Safer Care Group established:

- Suicide prevention leads at each Trust carry out annual self-assessments against the care standards and have done for the past two years.
- Identified gaps in services and shared improvements.

Self-harm and dual diagnosis identified areas for regional improvement:

- Self-harm approach was assessed against NICE guidance with shared learning between organisations to ensure consistent approach
- A framework was developed in collaboration between Trusts to develop consistent approaches to dual diagnosis

Partners have also worked together to ensure a consistent offer of 24/7 crisis support across Cheshire and Merseyside

NO MORE
Suicide

Preventing suicide in
Cheshire & Merseyside

Ged Flynn

**Chief Executive, Papyrus, Prevention of
Young Suicide**



Champs
Public Health
Collaborative

Working together to improve health and
wellbeing in Cheshire and Merseyside

Building
Suicide Safer Communities
for children and young people



PAPYRUS
PREVENTION OF YOUNG SUICIDE



Being / Providing Suicide-Safer Resources

Parents

Bedtime Stories
(2018 – 2020)

Educators

**Schools &
Colleges Guide**
(2018)

**Universities
Guide** (2019)

**Concerned
Others**

**Supporting
Your Child**
(2020)

* all available at [PAPYRUS-uk.org](https://www.papyrus-uk.org)

Keep Children Suicide-Safer

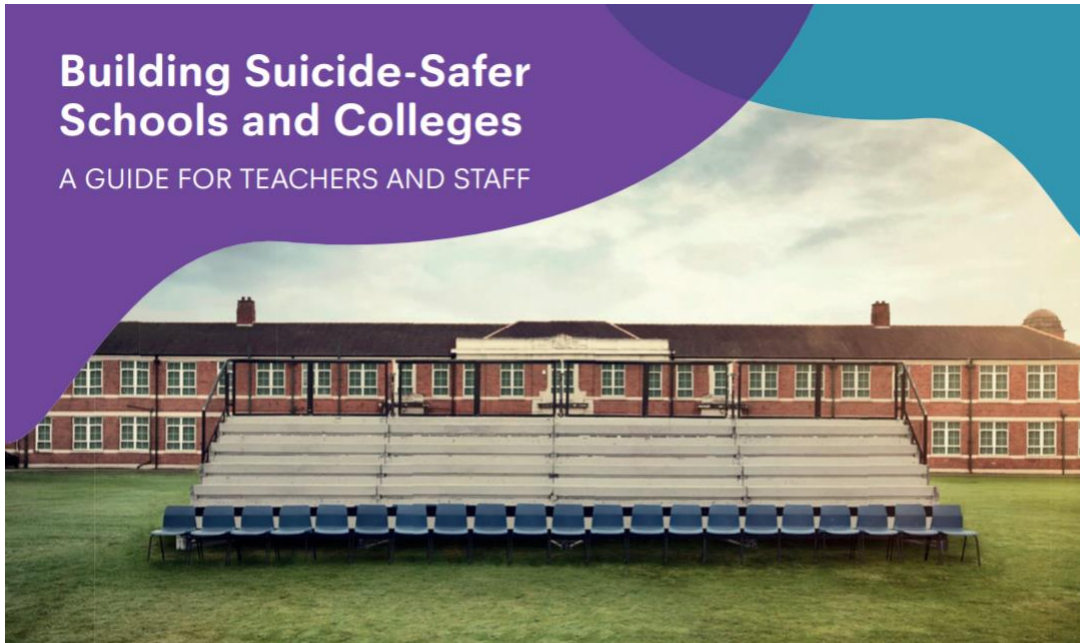
#BedtimeStories



Building Suicide-Safety for Learners

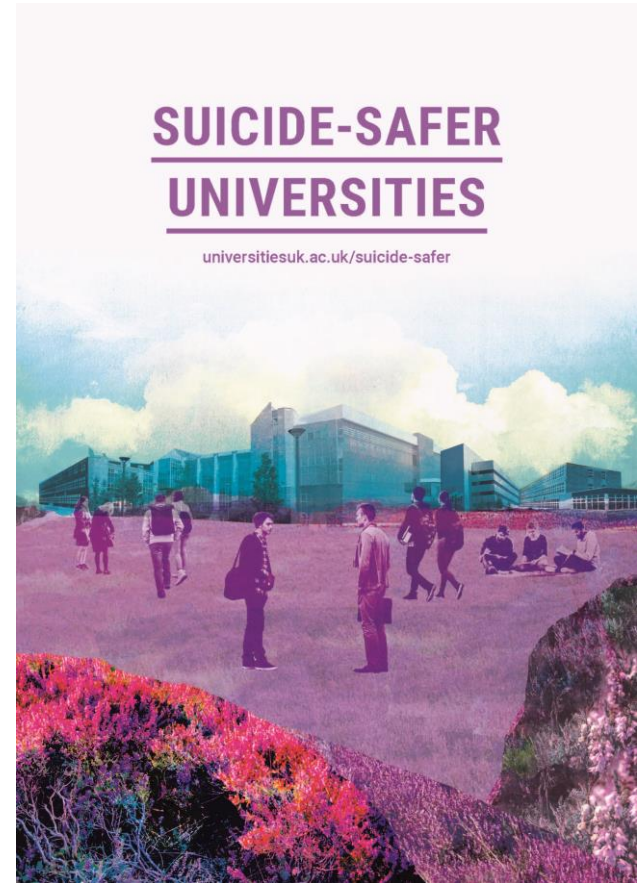
Building Suicide-Safer Schools and Colleges

A GUIDE FOR TEACHERS AND STAFF



SUICIDE-SAFER UNIVERSITIES

universitiesuk.ac.uk/suicide-safer



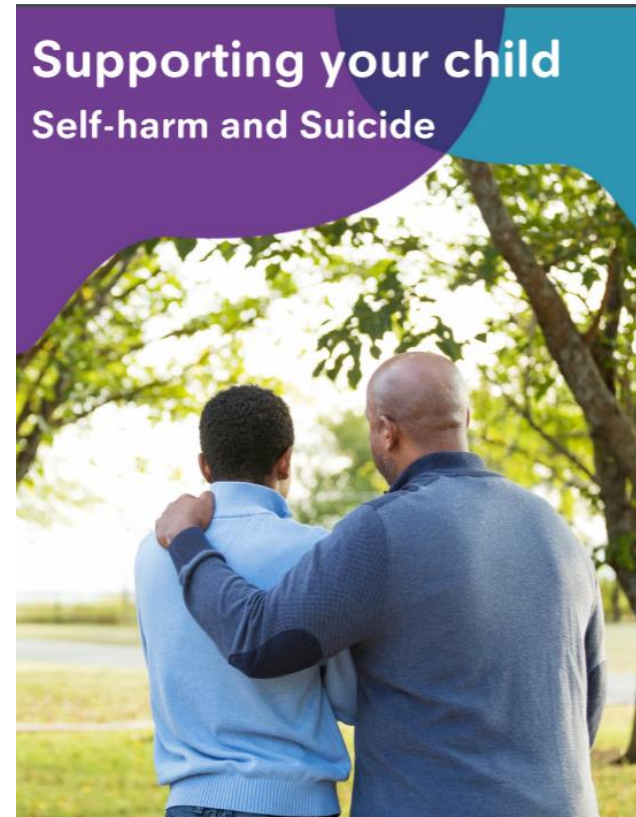
Hot Off the Press

"Everywhere I looked there was support if your child had taken their life and there was support if you were suicidal, but **there was no support for people living with someone who was suicidal.** I eventually heard about PAPYRUS and the difference that made was immense."

Mum

The new PAPYRUS guide, *Supporting Your Child: Self-Harm and Suicide*, is endorsed by the Royal College of Emergency Medicine.

September 2020



NO MORE Suicide

Preventing suicide in
Cheshire & Merseyside

Q&A



Champs
Public Health
Collaborative

Working together to improve health and
wellbeing in Cheshire and Merseyside

NO MORE
Suicide

Preventing suicide in
Cheshire & Merseyside

Film from Living Works, Canada



Champs
Public Health
Collaborative

Working together to improve health and
wellbeing in Cheshire and Merseyside



LIVINGWORKS

Cheshire and Merseyside

**Suicide-Safer Communities Award
Congratulatory Remarks - September 2020**



Champs
Public Health
Collaborative

Working together to improve health and
wellbeing in Cheshire and Merseyside

NO MORE
Suicide

Preventing suicide in
Cheshire & Merseyside

Pat Nicholl
Mental Wellbeing Lead, Champs Collaborative
Support Team



Champs
Public Health
Collaborative

Working together to improve health and
wellbeing in Cheshire and Merseyside

Mental health impact of covid

- Covid exacerbated the factors known to contribute to suicide risk: loneliness- burden – hopeless- fearless
- Mental health impacts include increases in: Isolation- anxiety – depression- stress – bereavement- trauma – worry about physical illness, developmental and behavioural concerns in children and young people
- Covid has impacted on existing vulnerabilities, mental illness and exposed inequalities
- Economic- finance, debt, housing
- Social – relationships, alcohol& drug abuse, problem gambling, domestic abuse
- **Rise in suicides not inevitable**

A Plan Towards Recovery

- Media- Avoid sensationalist reporting- Samaritans Media Guidelines
- Government actions- welfare & employment schemes
- Frontline- psychological support for workers
- Mental Health Providers- staff support, virtual service delivery, crisis helplines
- Public health - Domestic abuse prevention campaigns
- Public health - Campaigns on self-care and how to access support
- Bereavement support- suicide and covid
- Young People and their parents/carers provided with online and practical support
- Communities- Support those feeling alone

Hope through Community Connections

NO MORE
Suicide

Preventing suicide in
Cheshire & Merseyside

Sean's Place

Paul's Place

James's Place

JourneyMen

Evolve Mindset

Martin Gallier Project

No.71 Chester

Opening Up Cricket

Liverpool Football Therapy

OffLoad

State of Mind

Everton in the Community

*Enabling community action
with NHSE Funding*



Champs
Public Health
Collaborative

Working together to improve health and
wellbeing in Cheshire and Merseyside

Thinking about suicide? Worried about someone?

STAYALIVE

Download the award-winning #StayAlive app.
Upgraded for 2020 with a range of new features
and web browser access.



Safety Plan

A customisable plan for keeping you safe from suicide.



LifeBox

A place to store your life-affirming photos or videos

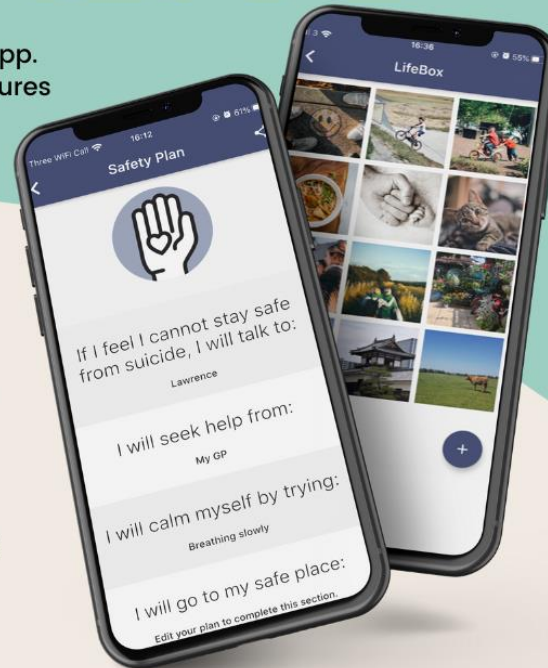


Find Help now

Quick access to a large database
UK national and local crisis support

NO MORE
Suicide

Preventing suicide in
Cheshire & Merseyside



GRASSROOTS
preventing suicide together

NO MORE
Suicide

Preventing suicide in
Cheshire & Merseyside

Sheena Cumiskey
Chief Executive, Cheshire & Wirral Partnership
Foundation Trust



Champs
Public Health
Collaborative

Working together to improve health and
wellbeing in Cheshire and Merseyside

Phase 3 Recovery

- Embed innovations that have worked well during COVID
- Further extend support into communities including schools
- Ensure action to address health inequalities
- Support our staff's mental and physical wellbeing
- Continue in the spirit of collaboration



Helping people to be
the best they can be

NO MORE
Suicide

Preventing suicide in
Cheshire & Merseyside

Ged Flynn

**Chief Executive, Papyrus, Prevention of Young
Suicide**



Champs
Public Health
Collaborative

Working together to improve health and
wellbeing in Cheshire and Merseyside

Hope and Recovery in a time of Covid - beyond 2020



PAPYRUS
PREVENTION OF YOUNG SUICIDE



Opportunities Post-Lockdown

UNCERTAINTY

“Enabling Life”

Staying
Connected *

* the principal protective factor for young people



Self-Care





Thank
You

   
Stay Connected

1

Wear a
wristband

2

HOPELINEUK
cards

3

Talk to a friend

4

Fundraise
for us

5

Sign up for
training

6

Volunteer for us

NO MORE Suicide

Preventing suicide in
Cheshire & Merseyside

Q&A



Champs
Public Health
Collaborative

Working together to improve health and
wellbeing in Cheshire and Merseyside

NO MORE
Suicide

Preventing suicide in
Cheshire & Merseyside

Film

Hope and Recovery



Champs
Public Health
Collaborative

Working together to improve health and
wellbeing in Cheshire and Merseyside



Working together to improve health and wellbeing in Cheshire and Merseyside

NOMORE
Suicide

Preventing suicide in
Cheshire & Merseyside

Closing remarks

CIr Louise Gittins



Champs
Public Health
Collaborative

Working together to improve health and
wellbeing in Cheshire and Merseyside

NOMORE
Suicide

Preventing suicide in
Cheshire & Merseyside

Thank you for attending

**Please look out for the Survey Monkey
link to complete your evaluation**

**A recording of the webinar will be
available at www.champspublichealth.com**

Stay safe and well



Champs
Public Health
Collaborative

Working together to improve health and
wellbeing in Cheshire and Merseyside